



# FITZWILLIAM HEALTH CLINIC

www.fitzwilliamhealth.ie  
01 6618949/52

July 2010  
Volume 1, Issue 5

“walk back to health...”

## Summer Time Summer Time

### Fitzwilliam Health Clinic Treatments

#### Chiropractic

Dr Gemma Bailey  
Dr Patrick Ryder  
45 mins: €60 (new client)  
15 mins: €40 (regular visit)

#### Physical Therapy

Kevin O'Toole  
1 hour: €65

#### Acupuncture

Amanda Hughes  
1 hour: €65

#### Skin Clinic

Amanda Hughes  
1 hour: €65

#### Sports & Remedial Massage

Kevin O'Toole  
1 hour: €65

#### Chinese Herbal Medicine

Amanda Hughes  
1 hour: €65

#### Pilates

Leslie Kelly  
One 2 One - 1 hour €65  
Classes - 8 weeks: €140

#### Naturopathy

Una Lynam  
1 hour: €65

#### Gynaecology/Fertility Clinic

Amanda Hughes  
1 hour: €65

### Suffer from Hayfever...?

Summer is a time for the outdoors, and this summer especially has given us many reasons to spend time outside. For some people the immune system can be put under extra pressure with pollen and insects in the air.

#### Hayfever/Rhinitis

This term is used to describe irritation and inflammation of the internal areas of the nose. *Primary symptoms include:* nasal dripping, excessive mucus, nasal congestion. It is caused by inflammation of the mucous membrane of the nose due to viruses, bacteria or irritants. It is estimated that 30% of Irish People are affected.



#### Hayfever and TCM

In Traditional Chinese Medicine allergies are as a result of Qi (energy) deficiency. This deficiency may be because you have exhausted your energy reserves during the previous winter months. A hectic Christmas or a long cold winter can mean that your body does not have sufficient energy to cope with the seasonal change from Winter to Spring leaving you with the classic hayfever

symptoms. The 'one size fits all' approach to illness does not apply in TCM which can diagnose a weak organ function according to the more prominent symptoms – itchy red, streaming eyes will indicate that your 'Chinese' liver energy is weak. Whereas a running or even stuffy nose, tight chest or frequent cough will indicate that your lung energy is weak.

There are many different ways to treat allergies with Western and Eastern medicine. Some treat only the symptoms, while some treat both the cause and the symptom. In TCM treating both the cause of the weakened organ qi and the symptoms is very important as the symptoms may return if the cause has not been treated

In treatment it is important to restore the balance and energetic function of the affected organs. Most patients need only two to three treatments in late Winter to see major improvements in their hayfever symptoms in Spring.

Both acupuncture and herbs may be used to correct the energetic imbalance while diet is also considered to be vital at maintaining improvements made to your organs health. Chinese Food therapy advice is an important aspect of a TCM treatment.

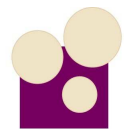
Welcome to the summer edition of the Fitzwilliam Health Clinic Newsletter. Hope your enjoying the summer so far and you are managing to get out at about dodging the showers! We have included an article on Hayfever, how you can boost your immune system and how Traditional Chinese Medicine can help you. Also as a lot of you are keen cyclists we have some cycling tips and stretches.

We also would like to introduce a new Chiropractor to the clinic, his name is Patrick Ryder and he will be joining the clinic from August. Please find an information piece on Patrick in the newsletter.

Keep an eye on our new website for up to date offers and news.

[www.fitzwilliamhealth.ie](http://www.fitzwilliamhealth.ie)

Enjoy your holidays!



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By Amanda Hughes - TCM Practitioner



“walk back to health...”

## ***New Chiropractor at The Fitzwilliam Health Clinic***

Hello my name is Patrick Ryder and I am a new member of the team at the Fitzwilliam Health Clinic.

I have lived, studied and worked in Liverpool and Cardiff for the majority of my life. Both of my parents were born and raised in Dublin and I have spent a lot of time in Ireland where the rest of my family still remain and due to this I call Dublin my home.

Chiropractic for me has been the most amazing route to helping and improving people's lives; not only treating the symptoms but also the cause of a complaint from start to finish. I treat a wide variety of complaints including back pain, neck pain, migraine, sciatica, sports injuries, frozen shoulder, rotator cuff injuries, knee injuries, elbow pain, wrist pain, foot pain, radiculopathies, mid-back pain, tendonitis, epicondylitis and much more.

Treatment can be beneficial for the whole family and everyone of all ages and walks of life. If you are unsure if chiropractic care can help you and your specific health needs, I will be happy to discuss over the phone with you before you come in, to give you a better idea of what we can do for you.

I want you to look forward and enjoy the treatment and care that I provide as much as I enjoy providing it.



Patrick Ryder  
Doctor of Chiropractic



## **Spring Into Summer**

### **Get a FREE Spinal Assessment**

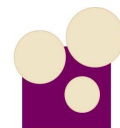
Do you have a back pain whilst doing the Gardening? Can't run around with the Children because of your aches and pains?

Come and get a free Spinal Assessment with one of our Chiropractors. Our friendly Chiropractors will give you a FREE 15 min assessment.

Book in today, our Chiropractors are available from 8am - 7pm, 5 days a week and on Saturday mornings for your convenience.

This offer is available until 31st August 2010

Call: 01 6618949 or email: [info@fitzwilliamhealth.ie](mailto:info@fitzwilliamhealth.ie)



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## "Get on your Bike"

A combination of bright sunny days and various Irish bicycle Promotions such as, cycle to work scheme and dublinbikes.ie has seen an increase of people getting on their bikes. While cycling can add to overall health and fitness it is important to remember some simple and effective injury prevention tactics: Here are what Fitzwilliam Health Clinic advises as the top 10 tips:

- 1. Always wear a helmet**
- 2. Stay well hydrated:** especially if cycling longer distances as dehydration can lead to fatigue, nausea and disorientation which can result in falls and spills. Aim to drink water every 20-30 mins even if not thirsty.
- 3. Warm up and Cool Down:** both processes are extremely important and necessary to prevent injuries that could occur during or after cycling. The main objectives are:
  - To enhance one's performance capacity
  - To decrease the likelihood of injury.
- 4. Stretching:** Cycling is a repetitive motion exercise that can lead to tightness in several major muscle groups. Strength training leads to reduced potential for injury as it increases the strength of the muscles as well as that of the supporting joints and tendons. Agility training is particularly helpful to a mountain biker as it works to improve the ability of the body to quickly adapt to a change in direction, motion and velocity.  
*See opposite side for helpful stretches*
- 5. Don't pedal in high gear for long periods.** This can increase the pressure on your knees and lead to overuse injuries such as biker's knee. Shift to lower gears and faster revolutions to get more exercise with less stress on your knees. The best cadence for most cyclists is 60 to 80 revolutions per minute (rpm), though racers pedal in the range of 80 to 100 rpm.
- 6. Make sure your bike fits.** Handlebars, saddle, wheels, gears, and brakes can all be adjusted to match your size and riding ability, but the frame has to fit from the start. To find the right frame size, straddle the bike and stand flatfooted: on a road bike, there should be one to two inches of clearance between your groin and the top tube. On a mountain bike, the clearance should be two to three inches or even more.
- 7. Change your hand and body position frequently.** That will change the angle of your back, neck, and arms, so that different muscles are stressed and pressure is put on different nerves.
- 8. Don't ride in the racing "drop" position** (with your hands on the curved part of the handlebars) for a long time. This may cramp your hands, shoulders, and neck.
- 9. Keep your arms relaxed** and don't lock your elbows. This technique helps you absorb bumps from the road better.
- 10. Ride with traffic, obey all signs, and give right of way to cars.**

Written by Kevin O'Toole

### 1 Quadriceps Stretch



Balance against a bike or a wall and grasp the right foot behind the back with the right hand. Gently pull the foot up and away without bending at the waist. Repeat with the other leg.

### 2 Hamstring Stretch



Lean on the bike and bend over at the waist. Place one foot forwards and the other directly behind to form a triangle. Lower the body slightly with the weight on the front foot, which is where the hamstring stretch should be felt. Increase the stretch by lowering the body still further if comfortable. Repeat with the other leg.

### 3 Pulldowns: Lats, Trapezius and Triceps Stretch



Balance on the bike with weight resting on the arms. Let the head drop deeply between the shoulder blades to create a powerful stretch in the lats and triceps. Pulling down with the arms increases the stretch further.

### 4 Squats: Lower Back Stretch



Hold onto the bike for balance and squat down keeping heels on the floor. Try to lower the backside as close to the heels as possible to maximise the stretch.

### 5 Calf Stretch



Standing calf stretch

Lean against a wall and place the leg to be stretched backwards with the other in front taking most of the weight. Keep the heel of the rear foot firmly on the floor with the toe pointing in front. Push the hips forward as far as is comfortable to stretch the calf. Repeat with the other leg.



“walk back to health...”

## NEW Pilates Classes

The new dates for Pilates are as follows:

**Monday 9th August @ 6pm - Level 2**

**Monday 9th August @ 7pm - Level 3**

**Tuesday 10th August @ 1pm - Mixed Class**

**Tuesday 10th August @ 6pm - Level 1  
(minimum 8 weeks experience required)**

**Tuesday 10th August @ 7pm - Beginners/Level 1**



All classes are for 8 weeks and are €140 - places can only be secured by full payment.

Unfortunately, no refunds/credits can be given for missed classes, however if 24hrs notice is given every effort will be made to offer an alternative class.

**PLACES ARE LIMITED SO PLEASE BOOK TODAY TO AVOID DISSAPOINTMENT**

## ***TIPS FOR A HEALTHY BBQ***

**1. Keep a watchful eye to prevent BBQ flare-ups** and the resulting charring of your food. Scientists have discovered that herbs of the Lamiaceae family (Basil, Mint, Rosemary, Thyme, Oregano and Sage) are high in Antioxidants and reduce the formation of free radicals (bad stuff) when meat is heated.

**2. Marinate meat in olive oil and fresh lemon juice-based marinades**

Research shows that these two items can reduce the formation of the cancer-causing compounds by up to 99 percent while cooking. Not to mention that they tenderize the meat, add great flavour, and help keep it moist during cooking.

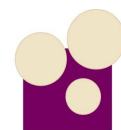
**3. Trim excess fat from meat prior to cooking it**

**4. Avoid overcooking vegetables**

The longer they cook the more certain vitamins like vitamin C and B-complex vitamins break down. So don't overcook them. An easy way to add more vegetables to a BBQ is a kebab. By alternating lean meat and vegetables, the veggies will keep the meat moist and add fibre, flavour, and nutrients.

**5. Skip the chips**

When it comes to side dishes, go for the greens - especially leafy greens such as spinach and Kale, and preferably some raw as well as cooked. Leafy greens provide your body with nutrients to counteract some of the harmful effects of the other foods at a BBQ.



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Written by Lorraine Whelan CA

